

ACTIVITY CALENDAR

NOVEMBER

REGULAR EVENTS:

Newspaper &
Coffee @ 9:30
Mon-Sat

*Tongass Music
Circle Mondays @
3:00

*Gospel Singing
every Tuesday @
1:30

*Every Sunday @
1:30 local Church
Service on the
3rd Floor

*BINGO is every
Wednesday @ 1:30

*Exercise with
Debra every Mon-
day and Wednes-
day 10:30

*Tongass Neighbor-
hood Sensory Care
@ 3:00

*Ice Cream Social
every Friday @
1:30

*Knitting Group
meets in the Sun
Room on Tuesdays
at 7:00 pm and
Wednesdays at
12:30

- **CALENDAR
CONTINUED
ON PAGE 5**



VOLUME 11, ISSUE 11

NOVEMBER 2013

Ketchikan Pioneer Home

Greetings from the Administrator

October was another relatively dry month for us in Ketchikan and we were grateful for a few more nice days to get outside and enjoy the great outdoors.

I travelled to Anchorage this month to meet with the other Administrators, Division Staff and our Pioneer Home Advisory Board. It was a very productive meeting as we gathered to discuss the prospect of more

seniors coming our way. Alaska has the fastest growing senior population in the na-



tion and I am very appreciative to live and work in a State that honors its seniors in the way that ours does. However, if the predictions of demo-

graphics prove to be true, it will take more than one group or one agency to provide services to so many. I am looking forward to more discussions to come.

In other news the Resident Council has been posting lots of photos on their Face book page so please find the Ketchikan Pioneer Home Resident Council on FB and don't forget to "Like" us.

Happy Fall Everyone!

Julie Sande, Administrator

LOOKING FORWARD

Don't forget that "Home for the Holidays" is available through the wonderful men and women of our local fire departments. If given enough advance notice, they can help to coordinate transportation for residents to go to a loved ones home for holiday meals. The deadline for Thanksgiving reservations is Monday November 18, 2013. Please contact Vanessa at 228-3365 to coordinate your reservation.



THANKSGIVING FAMILY DINNER



Earle Palmer along with his lovely wife Lana and visiting daughter Susan enjoy the October family and friends dinner.

The November Family dinner is scheduled for November 21st at 5:00 p.m. We look forward to sharing a traditional Thanksgiving meal together with family and friends. The menu includes:

Deviled Eggs, Tossed Salad with Peach Vinaigrette, Roasted Turkey, Mashed Potatoes and Gravy, Roasted Beets, Stuffing, Warm Bread and Pumpkin Pie. The cost is \$10.00 per guest and please be

sure to make your reservation by November 9th. Please also let us know if your family prefers a smaller dining area or the Great Room and we will do the best we can to honor your request. 228-3372.

GEODUCK COOKING CLASS

Our activity staff come up with some pretty amazing activities. This month Gary Spromberg and Gary Zaugg came to demonstrate how to prepare and cook geoduck clams. The

Residents loved the demonstration and sampling the finished product. This month the Gary and Gary Cooking Show will feature Norwegian Fish Cakes! YUM!



Gary Spromberg holds up a Geoduck Clam during the Gary and Gary Cooking Show!

LADY BUG VOLUNTEERS



The staff and residents would like to thank the Lady Bug volunteers for joining us again to help carve our pumpkins. Thanks to the hard work of our little friends from Holy Name and their parents and teachers we had wonderful Jack-O-Lanterns to display.

*"For each
moment with
its light,*

*For rest and
shelter of the
night,*

*For health and
food,*

*For love and
friends,*

*For everything
Thy goodness*

sends -"

Ralph Waldo Emerson



HALLOWEEN FUN

Staff and residents had a great time together as we celebrated Halloween Madness! The preschool students delighted us with their annual costume parade and Trick-or-Treated at each residents door. Then many of the resident family members and staff children joined us for our party in the afternoon. The

Great Room was decorated with all of our crafts from throughout the month and we were able to host some of our very favorite ghosts and goblins while snacking on some special treats from the kitchen crew. This year we even had a bread mummy.



Resident Pat Long hands out candy to our little trick or treaters.



KPH FOUNDATION NEWS

The KPH Foundation is a non-profit organization whose mission is to help provide for the needs of the residents in ways that enhance the quality of their lives.

If you would like to make a donation to the Ketchikan Pioneer Home Foundation please mail it to: 141 Bryant Street Ketchikan AK 99901



Visitor Ernie Deboer and gardener extraordinaire shows off his harvest.

Bob Sivertsen
Alaire Stanton
Nerissa Buendia
Idonna Hanson
Bill Moran
Ed Zastrow
Cleo Weston
Ann Thompson
Terry Wanzer
Mona O'Dell
Fred Monrean
Sherrie Slick
Ray Hendricks
Linda Koons Auger



Kay Linne's family hosted a beautiful birthday dinner party in her honor this month. She spent her big day among her closest family and friends and even got some special birthday hugs.





The Great Pumpkin Patch





KPH

Ketchikan Pioneer Home
141 Bryant St.
Ketchikan AK 99901

The mission of the AK Pioneer Homes is to assist older Alaskans to have the highest quality of life by providing assisted living in a safe home setting which promotes positive relationships, meaningful activities, and physical, emotional and spiritual growth.



11/4 Foundation Luncheon
11/7 Visit the Ketchikan Historical museum
11/11 Veterans Day
11/12 Alaska's Marine Highway 2:30
11/13 Catholic Mass 11:00 a.m.
11/13 Monthly Birthday Party with the Pioneers of Alaska
11/13 Karaoke 6:00 p.m.
11/14 Cooking Presentation with Gary and Gary Norwegian Fish Cakes
11/18 Resident Council 1:30
11/20 Holy Name Preschool for Lady Bugs
11/21 Family and Friends Dinner
11/26 Annual Pie Auction
11/27 Catholic Mass 11:00 a.m.
12/01 Nutcracker Tea

ROTARY INTERACT PIE AUCTION

The two community Rotary Clubs coordinated by the youth Interact group of the Ketchikan High School will be hosting their third annual pie auction on our behalf. This event will be on November 26th from 5:30-7:00 p.m. and will be the perfect opportunity to buy your Thanksgiving Pies while also supporting a great cause! Please let Hilary know if you can help bake a pie for the auction. Hope to see you there!



RESIDENT BIRTHDAYS

11/02/1918 Virgene Harvey
11/05/1925 Kay Gichard

STAFF BIRTHDAYS

Judy Freels 11/06
Jennifer Thompson 11/07
Helen Kintana 11/12
Amy DeTienne 11/15
Eddie Lopez 11/15
Flora Lopez 11/15
Ronald Serote 11/18
Jennifer Simon 11/25
Doug Heisner 11/29
Letlet Nacionales 11/29
Oscar Lorenzo 11/30

"May all your future years be free from disappointment, care or strife, that every birthday you will be a little more in love with life."